

Fruity Breakfast Parfait

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Bananas, peeled and sliced		13 each		25 each
Strawberries, hulled and sliced		3 qt 1/2 cup		6 qt 1 cup
Yogurt, vanilla, low fat		12 qt 2 cup		25 qt
Pineapple, chopped		6 qt 1 cup		12 qt 2 cup
Dates, chopped		4 cups		8 cups
Almonds, sliced, toasted		3 cups		6 cups

Directions

1. In glasses or see-through cups put a base layer of 1/8 cup or approximately 3 pieces sliced bananas.
2. On top of bananas place an even layer of 1/4 cup sliced strawberries.
3. In each parfait, add an even layer of 1/4 cup yogurt.
4. In each parfait, add an even layer of 1/2 cup chopped pineapple.
5. In each parfait, add a second layer of 1/4 cup yogurt.
6. In each parfait, top the yogurt with 1 tablespoon chopped dates.
7. Finish parfait with a sprinkle of toasted almond slices.
8. Refrigerate until ready to serve.
9. Serve 1 parfait per person

Notes

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	6 g	
Protein	8 g	
Carbohydrates	48 g	
Dietary Fiber	5 g	
Saturated Fat	1.5 g	
Sodium	70 mg	

Meal Components

Meat / Meat Alternate 1 ounce